

## Some Family Behaviors that Increase Your LGBT Child's Risk for Health & Mental Health Problems

### *Behaviors to Avoid*

- Hitting, slapping or physically hurting your child because of their LGBT identity
- Verbal harassment or name-calling because of your child's LGBT identity
- Excluding LGBT youth from family and family activities
- Blocking access to LGBT friends, events & resources
- Blaming your child when they are discriminated against because of their LGBT identity
- Pressuring your child to be more (or less) masculine or feminine
- Telling your child that God will punish them because they are gay
- Telling your child that you are ashamed of them or that how they look or act will shame the family
- Making your child keep their LGBT identity a secret in the family and not letting them talk about it

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## Some Family Behaviors that Reduce Your LGBT Child's Risk for Health & Mental Health Problems & Help Promote Their Well-Being

### *Behaviors that Help*

- Talk with your child or foster child about their LGBT identity
- Express affection when your child tells you or when you learn that your child is gay or transgender
- Support your child's LGBT identity even though you may feel uncomfortable
- Advocate for your child when he or she is mistreated because of their LGBT identity
- Require that other family members respect your LGBT child
- Bring your child to LGBT organizations or events
- Connect your child with an LGBT adult role model to show them options for the future
- Welcome your child's LGBT friends & partners to your home
- Support your child's gender expression
- Believe your child can have a happy future as an LGBT adult

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